



BodyWorks in Davis County

A program created to

PROMOTE *healthy nutritional habits
and physical activity*

PROVIDE *healthy lifestyle skills/tools*

IMPROVE *health and nutrition literacy*

INCREASE *positive body-esteem*

in adolescents, kids, parents & families!



1. Parents are an important influence on their children's eating and activity habits



Why BodyWorks?



2. Healthy kids become healthy teens & healthy teens become healthy adults



3. Healthy attitudes and behaviors are best sustained in small steps

BODYWORKS: TOOLS TO BUILD A HEALTHY FAMILY



**SIX 90 MINUTE SESSIONS FOR
PARENTS* OF CHILDREN 9-17**

**(CHILDREN WILL BE INVITED TO PARTICIPATE IN
SELECTED SESSIONS)**

** Or Caregivers*

Program Topics Include:

- **You Are Worth It**
- **Look Around You: Your Environment**
- **Nuts and Bolts of Healthy Eating**
- **Fun and Physically Active/Sustaining Change**
- **Plan, Shop, Cook and Eat Together**
- **Media Literacy**



***See Current Schedule for
Session Dates***

BODYWISE: BUILDING A HEALTHY RELATIONSHIP WITH FOOD, YOUR BODY AND EACH OTHER



Six 90 minute sessions for mothers* and daughters
age 12-17

** Or Caregivers*

Program Topics Include:

- *Media and Reality*
- *Recognizing Fat Talk*
- *Building a Healthy Relationship With Food*
- *Shake It Up!*



*See Current
Schedule for
Session Dates*



PRIMARY AUDIENCE

Parents or Caregivers

SECONDARY AUDIENCE

Adolescent girls and boys

Kids age 9-11

Other family members

BodyWorks...

- ***Provided and facilitated by Davis County Health Department***
- ***Sessions are led by registered trainers***
- ***Currently available at NO-COST for families in Davis County***

BODYWORKS

*A Toolkit for **Healthy** Teens & Strong Families*

Questions?

Davis County Health Department

Health Promotion

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www.daviscountyutah.gov/bodyworks